

NESTOR



PHYSICAL THERAPY LLC  
*Restoring Quality of Life with Each Range of Motion*

# NEWSLETTER

[www.nestorphysicaltherapy.com](http://www.nestorphysicaltherapy.com)

Did you know that your shoulders are your most flexible and movable joints? Your shoulders have to move through an incredible 180 degrees of motion, while still maintaining stability and strength. The shoulder joint acts like a ball in a very shallow socket that is part of the shoulder blade.

*(continued inside)*

**SHOULDER PAIN  
WORKSHOP!**

## INSIDE:

Do You Know What Is  
Causing Your Shoulder  
Pain?

Common Conditions That  
May Be Causing Your  
Shoulder Pain

We're Vaccinated!

**Do You Know What Is Causing  
Your Shoulder Pain?**



# NEWSLETTER

PHYSICAL THERAPY LLC

261 Main Street  
North Smithfield, RI 02896



## Winner of our Facebook Challenge:

Maureen Dubois. Thanks for "liking" and "sharing" our posts and checking in when at the clinic. Maureen will receive a FREE Gift Card!!



*Review us on Google*

*(continued from outside)*

## Do You Know What Is Causing Your Shoulder Pain?

Some of the most important muscles in the rotator cuff are actually the smallest. The rotator cuff is made up of 4 muscles that are small, but vital to keeping the ball stable in the socket. When these muscles are weak or injured, the ball can jam up into the socket of the shoulder blade, causing inflammation and pain.

Your shoulders are extremely complex, comprised of multiple muscles, tendons, and bones. They provide you with the mobility you need to perform many of your tasks throughout the day. If you have been living with shoulder pain, you can find natural relief with our physical therapy services.

### Understanding your shoulder pain:

Your shoulder is a "ball-and-socket joint," meaning that the humerus (head of the upper arm bone) fits perfectly in the corresponding space within the scapula (shoulder blade). Each end of the bone is protected by a thick layer of cartilage that prevents the bones from rubbing together.

Your shoulders can accomplish several physical feats due to their structure - however, this also means that they are susceptible to an increased risk of injury because of their complexity. If something becomes damaged in the make-up of the shoulders, pain and discomfort can develop. This pain may range from a dull ache to shooting pains, depending on the severity of the condition.

If your pain is stemming from tendon impingement, it will generally occur as you lift your arm, fading before it is raised completely skyward. If your pain is a result of shoulder degeneration, you will likely feel persistent aches every time you move your arm in certain directions. Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all.

**To learn more about how we can help you get back to your daily life, free of shoulder pains, contact Nestor Physical Therapy today!**

# Common Conditions That May Be Causing Your Shoulder Pain

- **Strains and sprains.** A strain occurs when a muscle or tendon is stretched too far or torn. A sprain occurs when a ligament is stretched too far or torn. Strains and sprains can result in an ongoing shoulder pain that may make it difficult to partake in exercise or even daily tasks. If the strain or sprain is minor, it can sometimes be iced at home and healed with rest. More severe strains and sprains will often require physical therapy treatments.
- **Torn cartilage.** When a cartilage tears, you may experience a number of painful symptoms. You may experience decreased strength and a limited range of motion in the affected shoulder. You may also experience pain when moving your arm in certain ways. If you are suffering from a torn cartilage, physical therapy can provide relief.
- **Dislocation.** Dislocation of the shoulder occurs when the head of the humerus pops out of place. This type of injury is extremely painful and unfortunately makes you more vulnerable to recurrence after the first dislocation occurs.
- **Arthritis.** Osteoarthritis and rheumatoid arthritis are the two most common types of arthritis. Osteoarthritis occurs when the cartilage in the shoulder joint experiences significant "wear and tear," typically due to age or excessive overuse. Rheumatoid arthritis occurs when the immune system sees the joints as a threat. The immune system attacks the membranes surrounding the shoulder joint, resulting in pain and inflammation.
- **Tendinitis.** Tendinitis in the shoulder joint occurs when the joint is excessively overused. Symptoms include swelling and painful

impingement when raising the affected arm. This typically happens due to the demands of a sport or labor-intensive job, which can cause the tendons to experience ongoing inflammation.

- **Frozen shoulder.** Medically referred to as "adhesive capsulitis," frozen shoulder can occur if you have been bedridden for an extended period of time or if your arm has been in a cast or sling for a while. When you don't have opportunities to exercise the shoulder, the tissues can stiffen-up on you, thus causing this painful condition to occur.

## Find effective shoulder pain relief today:

Two of the biggest goals of physical therapy are 1) to alleviate your pain and 2) to improve your function. Your physical therapist will work with you to make sure that both of these are achieved throughout your physical therapy sessions. Your physical therapist will design a treatment plan specifically for you, which will include targeted stretches and exercises. It may also include any additional methods or modalities that your physical therapist deems fit, including ice and heat therapies, manual therapy, ultrasound, aquatic therapy, or electrical nerve stimulation.

**There are a wide range of conditions that can be treated with the help of physical therapy. If you are living with shoulder pain, don't let it limit your life any longer! Find natural, safe, and effective relief with Nestor Physical Therapy today!**

[www.nestorphysicaltherapy.com](http://www.nestorphysicaltherapy.com)

## Who Do You Know **That Needs Our Help?**



## Refer a Friend

**Do You Have Friends or Family Unable to Do The Following?**

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle

If you answered "yes" to any of these, please call us today at **401-356-4777**



# Patient Success Spotlights



***"Thank you so much for your help with this problem."***

*"I had pins and needles very often in my left shoulder and neck area before I started here. Now after my physical therapy I am feeling much better and know how to do the exercises needed to relieve my issue. Thank you so much for your help with this problem." - Donna Hagan*



***"I no longer have pain in my shoulder. Best physical therapy experience ever."***

*"When I first walked in, I had difficulty taking my coat off and doing normal day to day activities. After a few weeks here with Dr. Nestor and Dave I feel brand new! I no longer have pain in my shoulder. Best physical therapy experience ever." - Daniel Lynch*

## We're Vaccinated!



Nestor Physical Therapy is proud to announce that every member of our clinical staff is now **fully vaccinated** while still adhering to state and CDC recommended guidelines.



**WE'RE STILL  
ACCEPTING NEW  
PATIENTS!**



# Grilled Carrots with Labneh and Dukkah!



It is Spring and you're all resuming your outdoor activities. I'm getting ready to plant my garden and excited to have fresh veggies. Did you know April 4th is National Carrot Day? Here is a great carrot dish that I made recently that was inspired by Chef Yotam Ottolenghi. It is full of bold flavors and distinct textures. The carrots are sweet and caramelized from grilling, the labneh is creamy and tart, and the dukkah adds crunch.

There are a few ingredients you may not have heard of before, labneh and dukkah. Labneh is yogurt with the liquid drained out (whey). Don't use Greek yogurt or low-fat yogurt. Place 4 cups of yogurt in cheesecloth in a colander and place over a bowl. Place a Ziploc bag filled with water over the yogurt to press out the liquid and let it sit in the refrigerator for 12-24 hours. The yogurt will reduce by half. Labneh is a creamy spread that can be topped with olive oil and scooped up with pita chips.

Dukkah is a combination of toasted nuts, seeds, and spices. In a dry skillet lightly toast 1 tablespoon cumin seeds, 2 tablespoons of coriander seeds, 1 tablespoon of black and white sesame seeds for a few minutes. Add the toasted spices to a food processor with ¼ cup pine nuts, ¼ cup hazels nuts, 1 teaspoon dried oregano, and ¼ teaspoon of salt. The ingredients are roughly chopped by pulsing the processor just 2-3 times. Dukkah could be finely ground to make a crust for fish. Both the labneh and dukkah can be made ahead of time so you only need to cook the carrots when you are ready to eat.

The carrots are blanched for 8 minutes so they are partially cooked and don't burn on the grill. Heat a grill or grill pan to medium-high and grill the carrots until you see grill marks about 3-4 minutes per side.

To put the dish together, spread the labneh on a platter, drizzle with some olive oil (I made a tarragon oil since it pairs with the carrots), arrange the carrots over the labneh, and then sprinkle with the dukkah and more oil. The carrots remain firm and sweet, the labneh is creamy and balances the fresh tarragon oil and texture of the dukkah. Enjoy!



***CUT OUT & COLLECT EACH OF OUR  
MONTHLY NEWSLETTER RECIPES  
AND CREATE YOUR OWN NESTOR  
PHYSICAL THERAPY COOKBOOK!***

**Call Today! 401-356-4777**

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# SHOULDER PAIN WORKSHOP!



**FREE EDUCATIONAL  
WORKSHOP  
WEDNESDAY, APR. 14<sup>TH</sup>  
@ 6:00PM**

**Come to the Shoulder Pain Workshop  
and Learn:**

1. The Biggest Mistake Shoulder Pain Sufferers Make
2. The Three Most Common Causes For Shoulder Pain
3. Strategies to Reduce Shoulder Pain naturally without medication, injections or surgery

**Call us today to reserve your spot at our FREE Shoulder Pain Workshop as there are a limited number of seats available!**

**Call 401-356-4777 or register online at: [www.nestorphysicaltherapy.com](http://www.nestorphysicaltherapy.com)**  
*Just look for **Workshops** on our homepage!*

## **FREE PAIN CONSULTATION FOR YOU AND A FRIEND!**

**FREE PAIN CONSULTATION**



**THIS COUPON IS GOOD FOR:  
A FREE PAIN  
CONSULTATION  
FOR YOU**

*Call today as spots are limited!*

**Expires: 4/30/21**

**FREE PAIN CONSULTATION**



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**401-356-4777 CALL TO SCHEDULE TODAY!**